

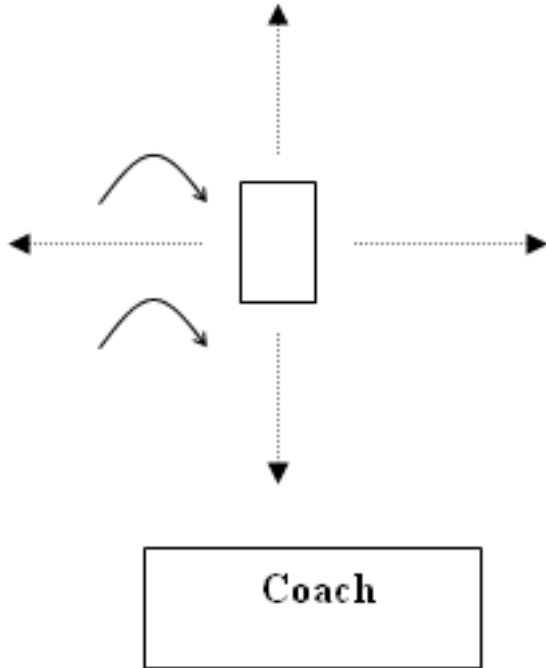
SKILL DRILLS

OFFENSIVE LINE

Wave Drill

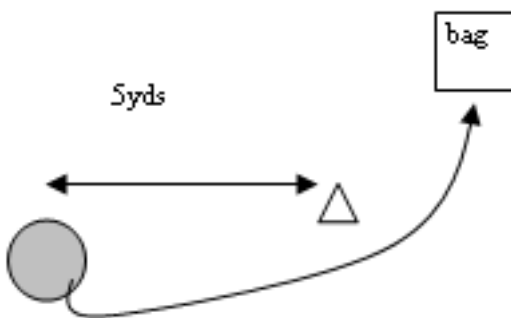
From a prone position, on command, OL pops up to two point stance

Coach then points Lt, Rt, Back or Forward & OL shuffles, kicks back or drives in reaction to coach

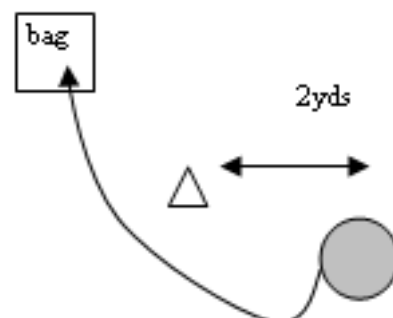


Pull drills

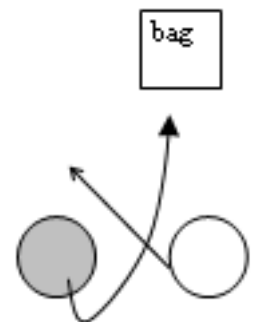
Long (Right)



Short (left)



Fold (right)

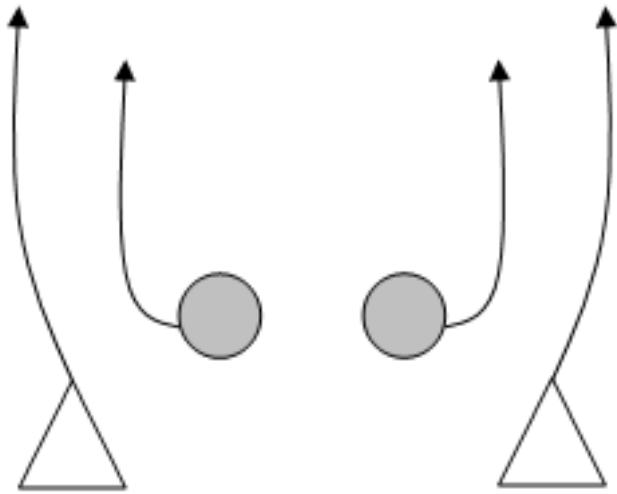


Pass Rush Drops

3pt stance on RHS

2pt stance on LHS

(kick out & flip hips as defender gets on hip level)



Hip rotation drop

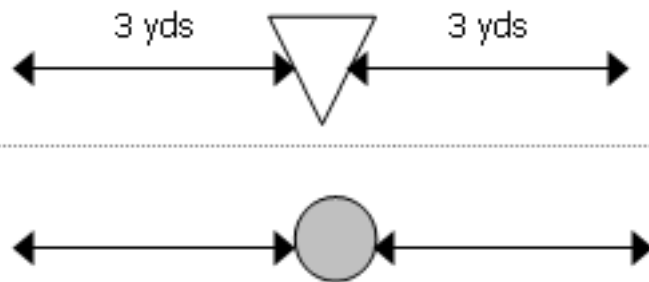
(keep hips square & alternate 3 kick steps 2x each leg)



Pass Protection mirror drill

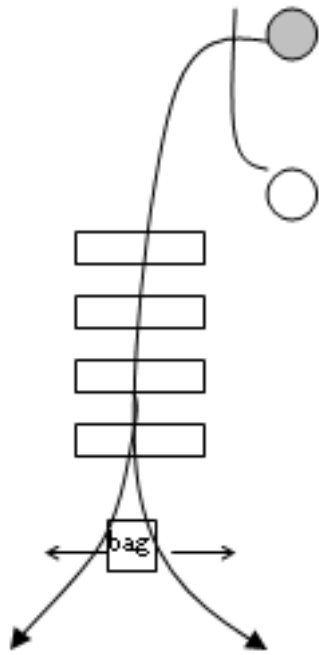
(emphasis on feet & COD - once)

Defender & OL one yard apart in between hashes (or cone 3yds either side of start point), on a yard line. Defender shuffles left or right and OL 'mirrors', him shuffling, keeping him on outside shoulder. 4-6 changes of direction.

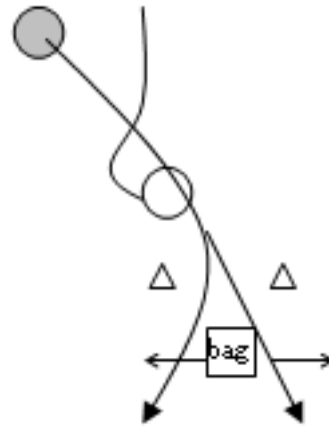


RUNNING BACKS

Off tackle reaction (right & left)

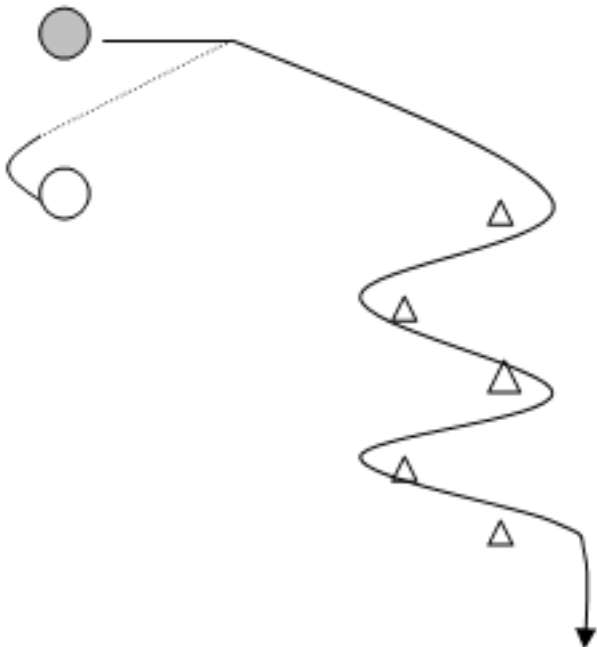


Blast Lead (left & right)



Pitch & cone drill

(outside cones on numbers, cones 5x5 yds away from each other)



Running back routes

(Once only, either left or right)

Flat (attack off tackle & aim for 5yds deep at LOS - looking over outside shoulder)

Circle (Attack off tackle & run inside seam - ball over inside shoulder)

Corner (attack off tackle & run to 7 yds, stick to inside & drive 45 deg to corner
- ball on outside shoulder)

Flat & up (as Flat route, see pump fake by qb @ 3 steps, then roll over inside
shoulder up sideline outside #s)

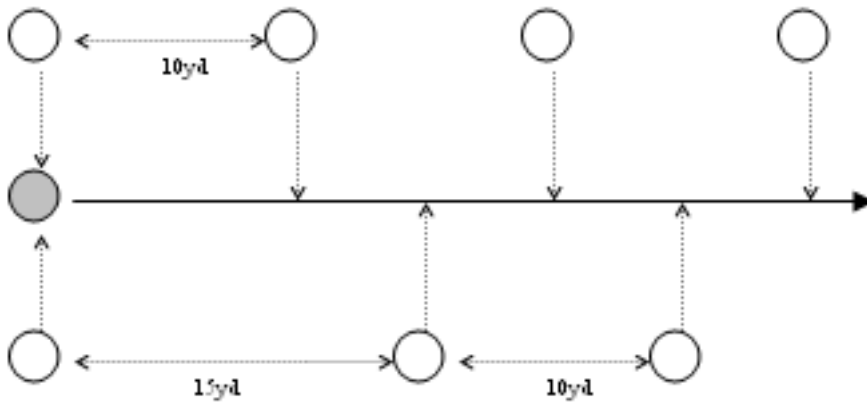
Find the ball drill

Face away from passer 10yds away - On command, turn and adjust to ball in air and
make the catch.

TIGHT ENDS

Multiple catch drill

Need 7 QBs/coaches. Two initial catches are made, then the receiver run down the line, catching balls thrown from left, then right etc. He catches ball, secures it, and then drops it, looking for the next ball. After the first two balls, all other balls are caught on the move



Routes

Flat (aim for 5yds deep at LOS - looking over outside shoulder)

Hook (@ 10yds, Rt only)

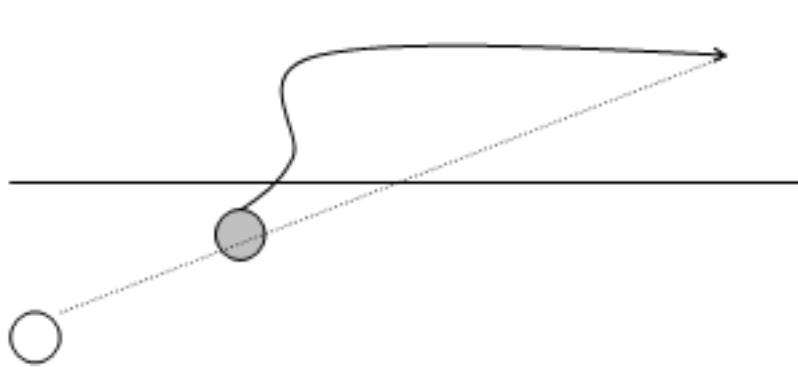
In (@ 10yds Rt & Lt)

Flat & up (as Flat route, see pump fake by qb @ 3 steps, then roll over inside shoulder up sideline outside #s, Lt only)

Corner (@10 yds, Lt & Rt)

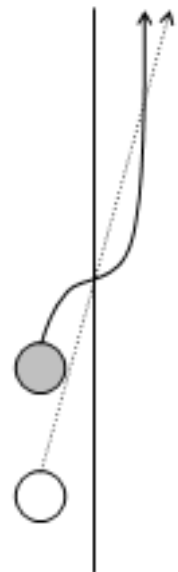
Sideline Tap Drill

(Right and left) Align 10 yds from sideline facing upfield. On command take 3 steps upfield then cut to sideline. QB will throw ball to make completion at/before sideline. Receiver to make catch while keeping feet in bounds (Cut upfield after catch if possible)



Over the Shoulder adjust drill

(Right) QB align behind receiver starting position and throw ball over outside shoulder of receiver. Receiver locates ball and fades to it.



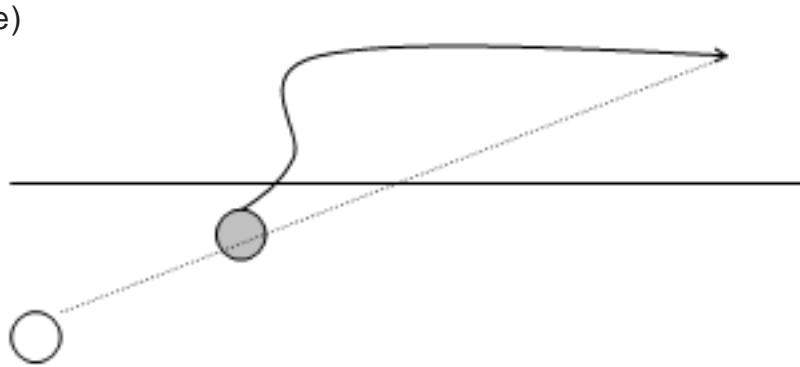
Block explosion

(Once) versus bag - drive block hand shield for 3 yds - emphasise hip flex & explosion

Wide Receivers

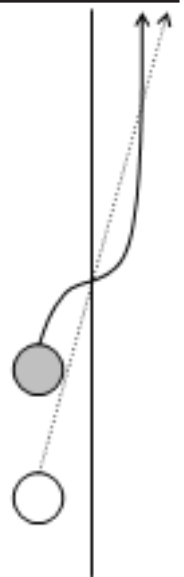
Sideline Tap Drill

(Right and left) Align 10 yds from sideline facing upfield. On command take 3 steps upfield then cut to sideline. QB will throw ball to make completion at/before sideline. Receiver to make catch while keeping feet in bounds (Cut upfield after catch if possible)



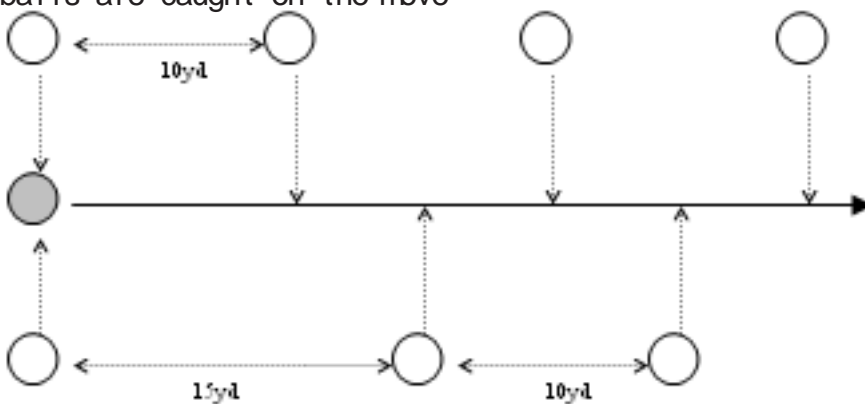
Over the Shoulder adjust drill

(Right) QB align behind receiver starting position and throw ball over outside shoulder of receiver. Receiver locates ball and fades to it.



Multiple catch drill

Need 7 QBs/coaches. Two initial catches are made, then the receiver run down the line, catching balls thrown from left, then right etc. He catches ball, secures it, and then drops it, looking for the next ball. After the first two balls, all other balls are caught on the move



Routes

Slant (3 step - Lt only)

Out (Speed cut to Rt & Lt @ 10yds)

In (10 yds, Lt only)

Curl (@ 10yds, Lt only)

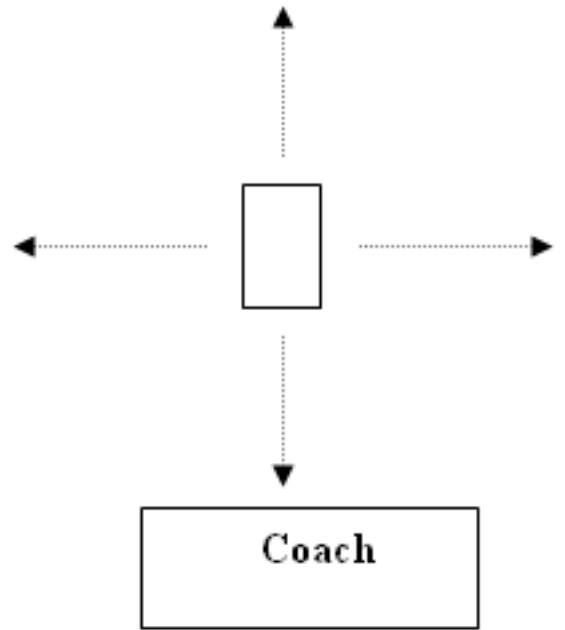
Go (3 step QB drop, Lt)

Corner post (corner @ 10, post after 3 steps of corner, Rt only)

LINEBACKER

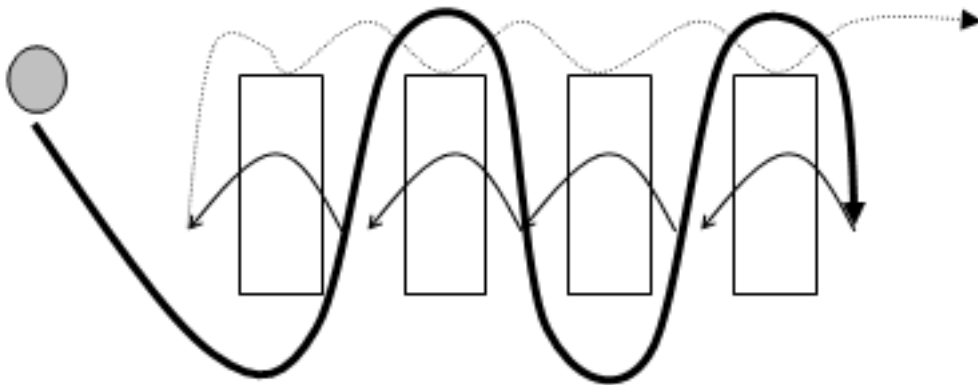
Wave drill

From a prone position, on command, LB pops up to two point stance
 Coach then points Lt, Rt, Back or Forward & LB shuffles, turns & back pedals or drives in reaction to coach.



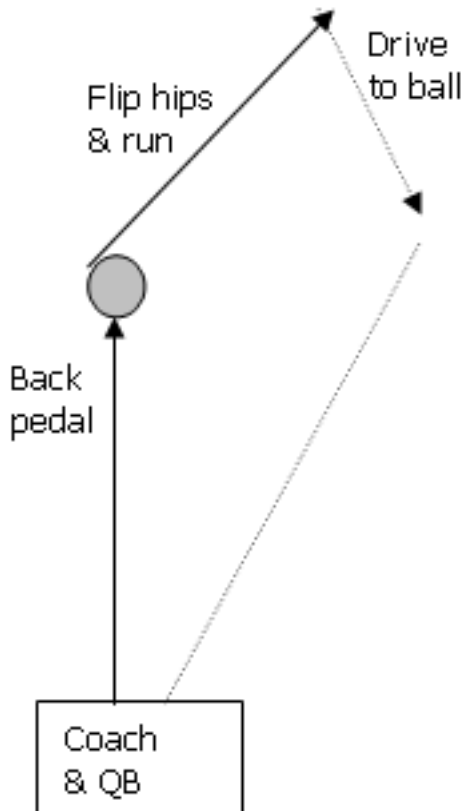
Four bag shuffle drill

1. Shuffle & slide between the bags
2. Lead step over the bags
3. slide & hand shiver on the butt of the bags



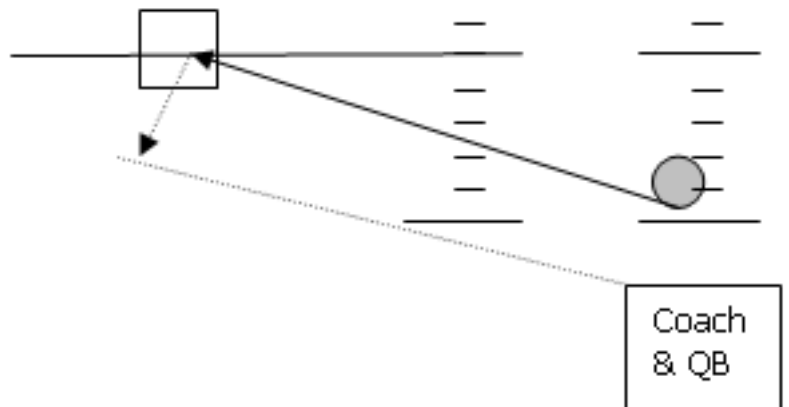
Back Pedal drive @ 45 deg & comeback

(QB throws ball at final break command)



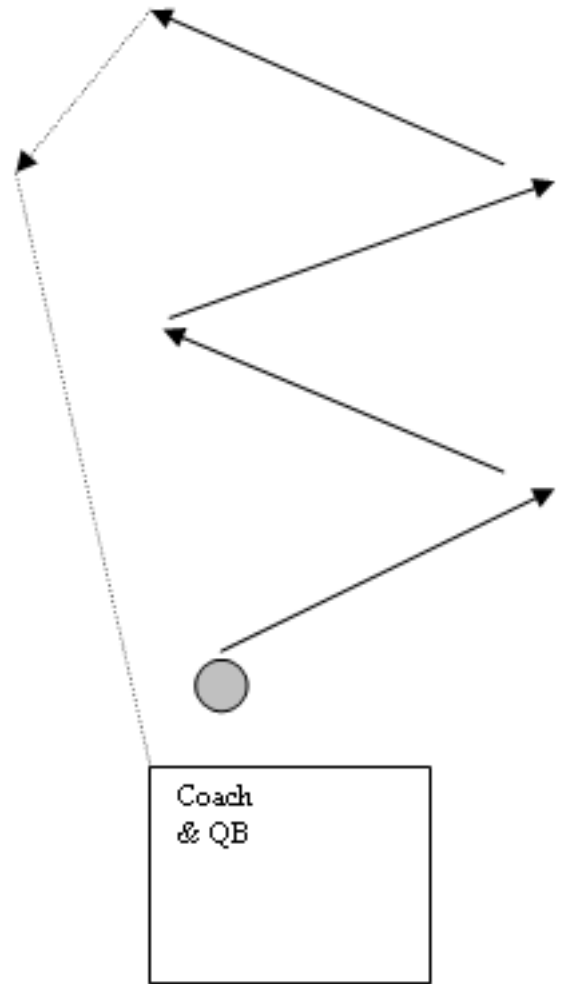
Width Drop

(once) Open & widen from opposite hash to numbers - react & drive to football



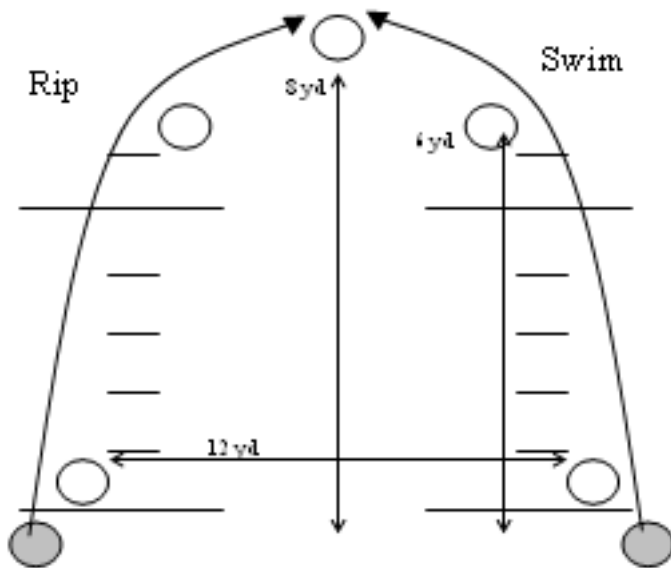
Pass drop & hip rotation

LB will take a 45deg drop & drive to his hook zone. After 4 or 5 steps to coach will point the ball in the opposite direction. Player will plant on his outside foot and change his drop to the opposite direction after 3 direction changes the coach will pull the ball forward, at this point the player will drive upfield and intercept the ball.



Pass Rush drill

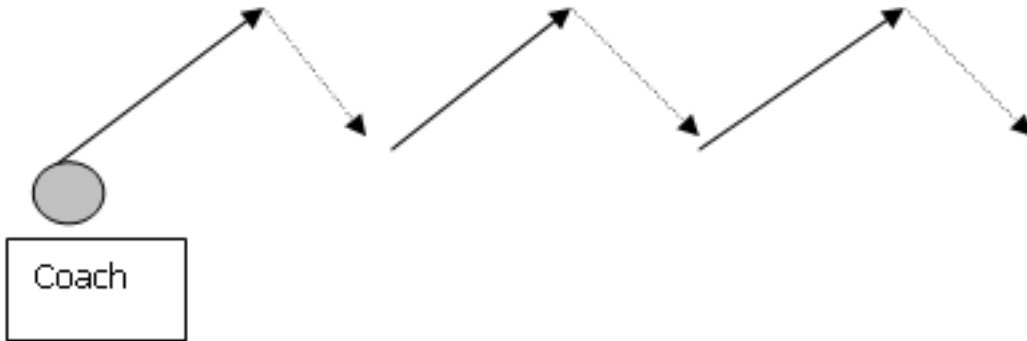
(once each side) Timed - on snap of ball until 'QB' is reached



DEFENSIVE BACK

Extended 'W' drill

(one time) DB weaves back, then snaps up @ 45 deg on command



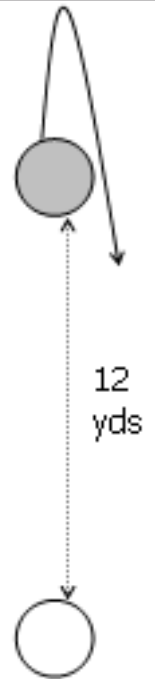
Ball reactions & receiving skills

(Each DB catches 5 balls)

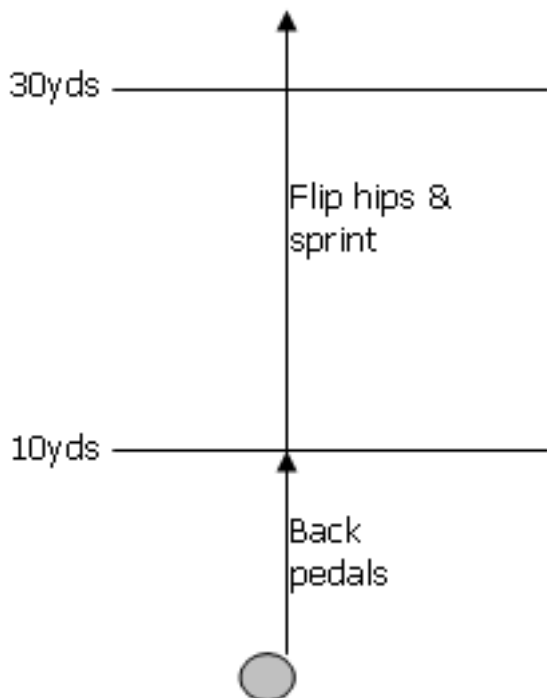
4 balls - DB execute 3 yd back pedal & react straight back to QB for ball & grab

1 ball - Db stationary and faced away from QB, on command turn and react to high throw from QB

2 at a time

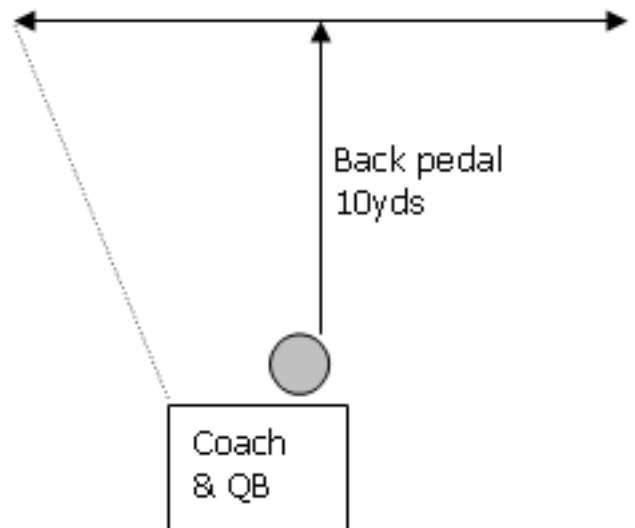


Back pedal & reaction speed drill (timed)



Back pedal & 90 deg break to ball

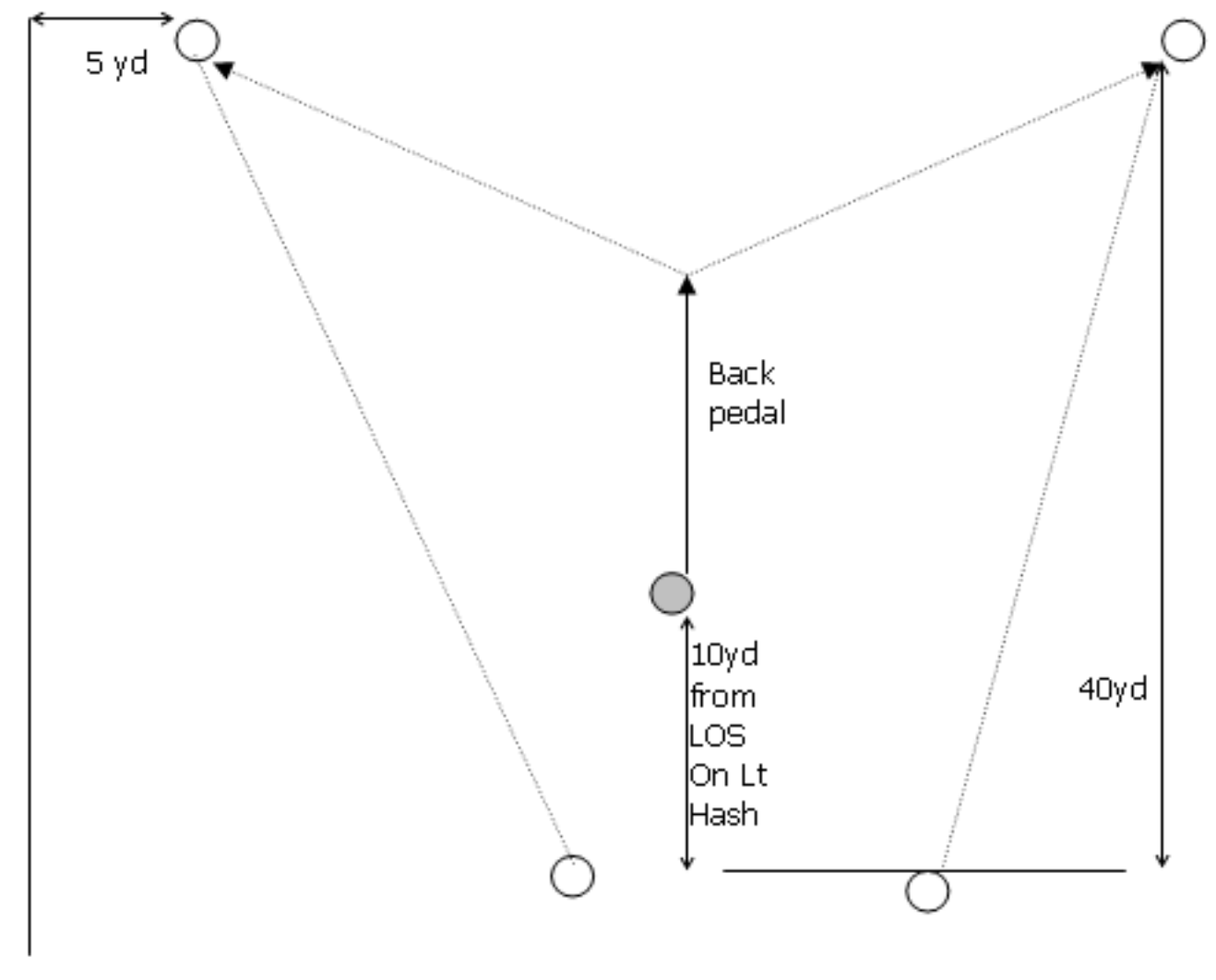
(react to coach & intercept ball)



Back pedal & transition 45 deg reaction

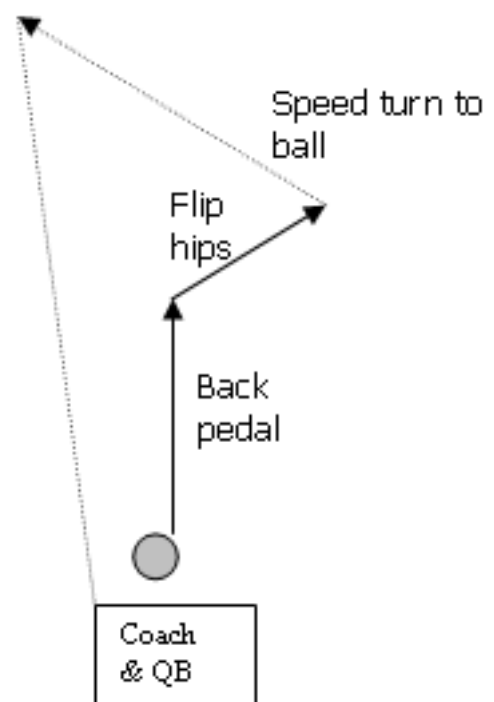
(Rt & Lt)

(Stationary WRs @ 40 yds - Rt WR at top of numbers, Lt WR 5yds from sideline)



Speed turn drill

DB faces coach - commands are 'go' - back pedal, 'turn' - coach points to Lt or Rt, DB flips hips & runs with eyes to coach, 'flip' - DB executes 'speed turn' (turns over inside shoulder and attacks up field at 45degrees, opposite initial turn).



QUARTERBACK

Grip (film ground level)

Drops & throwing motion

Back out drop

Turn out drop

3 step

5 step

7 step

Incorporate wave drill on 5 step drop

Roll out Rt & Lt

Throw on run to left

Pull up & throw right

Throw routes to WRs

(Radar - ball speed) 15yd out Rt & Lt, 7 step drop - stationary WR

WR routes

Quick slant - Lt

Out - Rt & Lt

In - Lt

Curl - Rt

Go - Lt

Corner-Post - Rt